

Suggested Vegetables

San Diego HRS

Please refer to the Diet FAQ for detailed info on proper quantities and combinations to feed for a well-balanced diet.

Select at least three kinds of vegetables daily. A variety is necessary in order to obtain the necessary nutrients, with one each day that contains Vitamin A, indicated by an *. Add one vegetable to the diet at a time. Eliminate if it causes soft stools or diarrhea.

Alfalfa, radish & clover sprouts
Basil
Beet greens (tops)*
Bok choy
Broccoli (mostly leaves/stems)*
Brussels sprouts
Carrot & carrot tops*
Celery
Cilantro
Clover
Collard greens*
Dandelion greens and flowers (no pesticides)*
Endive*
Escarole
Green peppers
Kale (!)*
Mint
Mustard greens*
Parsley*
Pea pods (the flat edible kind)*
Peppermint leaves
Raddichio
Radish tops
Raspberry leaves
Romaine lettuce (no iceberg or light colored leaf)*
Spinach (!)*
Watercress*
Wheat grass

(!)=Use sparingly. High in either oxalates or goitrogens and may be toxic in accumulated quantities over a period of time

Fruits

Apple (remove stem and seeds)
Blueberries
Melon
Orange (without the peel)
Papaya
Peach
Pear
Pineapple
Plums
Raspberries
Strawberries

Sugary fruits such as bananas and grapes should be used only sparingly, as occasional treats. Bunnies have a sweet tooth and if left to their own devices will devour sugary foods to the exclusion of healthful ones.